



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**TOBACCO QUITLINE (30 SECONDS)**

Are you ready to quit smoking, but can't kick the habit? This is Acting State Health Officer, Doctor Scott Harris.

Research shows that smokers are most successful at quitting when they have support – so contact the Alabama Tobacco Quitline at [QuitNowAlabama.com](http://QuitNowAlabama.com) or by calling 1-800-QuitNow.

Information, referrals and coaching are confidential, and you may be eligible to receive up to an eight week supply of free nicotine replacement patches.

**For more information, contact: Ashley Tiedt**  
**[Ashley.Tiedt@adph.state.al.us](mailto:Ashley.Tiedt@adph.state.al.us) / 334-206-2080**